

## In-Shape Fitness - Antioch

antioch

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### *In-Shape Fitness - Antioch*

#### **Discover In-Shape Fitness: Your Premier Gym in Antioch, California**

In-Shape Fitness in Antioch, California, is a remarkable fitness facility that caters to all your health and wellness needs. Whether you're a seasoned gym-goer or just starting on your fitness journey, this gym offers an array of **\*\*amenities\*\*** and **\*\*services\*\*** that enhance your workout experience.

#### **Facilities and Amenities**

When you step into In-Shape Fitness, you'll immediately notice the clean and spacious environment. The gym features a variety of workouts, including a

well-equipped **weight room**, numerous cardio machines, and dedicated spaces for group classes. For those looking to relax post-workout, the **sauna** and **steam room** provide a perfect retreat. One of the standout features of this facility is the **indoor and outdoor swimming pools**. These pools are not only great for swimming but also host aqua classes, making it easy to integrate water-based workouts into your routine. Additionally, the gym includes **on-site services** such as showers and toilets, ensuring that you can freshen up after your workout.

## **Accessibility**

Accessibility is a priority at In-Shape Fitness. The facility includes a **wheelchair-accessible entrance**, **car park**, and **toilet**, making it welcoming for all members. The spacious layout allows for easy navigation throughout the gym, accommodating every member's needs.

## **Service Options**

In-Shape Fitness offers various services tailored to support your fitness journey. Membership is required to access most facilities and options, including personal training sessions with experienced trainers like Marco Chavez, who is highly recommended by current members for bringing energy and fun to workouts. The gym also provides **online classes**, allowing members to engage in fitness routines from the comfort of their homes. This flexibility ensures that everyone can maintain their fitness goals regardless of their schedules.

## **A Family-Friendly Atmosphere**

Members describe In-Shape Fitness as a family-friendly environment, perfect for individuals and families alike. The **Kid Zone** keeps children entertained while parents focus on their workouts. However, feedback suggests that enhancing the childcare service could further improve the experience. The supportive staff plays a crucial role in creating a warm atmosphere. Many members appreciate the personal interactions, with staff often greeting them with a smile and wishing them a good workout.

## **Room for Improvement**

While many reviews praise In-Shape Fitness for its extensive offerings, some areas may require attention. Members have expressed concerns about the cleanliness and maintenance of the swimming pool and locker rooms. A more consistent cleaning schedule could significantly enhance the overall experience.

Additionally, some reviews highlight the need for better management of gym etiquette, especially during peak hours when the gym can become crowded. Addressing these issues could elevate the gym's reputation and ensure a better experience for all members.

## Join the Community

In-Shape Fitness in Antioch is not just a gym; it's a community that prioritizes health, wellness, and camaraderie. With its diverse **\*\*service options\*\***, including **\*\*sauna\*\***, **\*\*online classes\*\***, and well-maintained facilities, it caters to all fitness levels and goals. Join today to discover what makes this gym a beloved haven for fitness enthusiasts in Antioch!

### You can visit us at the address:

4099 Lone Tree Wy, 94531 Antioch, California - United States (US)

The phone of this **Gym** is +1925-248-4205

And if you want to send a WhatsApp, you can do so at +1925-248-4205

### Our business hours are:

Day	Hours
Monday	4?AM–11?PM
Tuesday	4?AM–11?PM
Wednesday	6?AM–8?PM
Thursday	6?AM–8?PM
Friday	4?AM–11?PM
Saturday	4?AM–11?PM
Sunday	4?AM–11?PM

The website is In-Shape Fitness

If you require to adjust any data that you feel is incorrect regarding this site, please send a message so that we will correct it as soon as possible. Thanks beforehand thanks.

## Images



*In shape fitness where*



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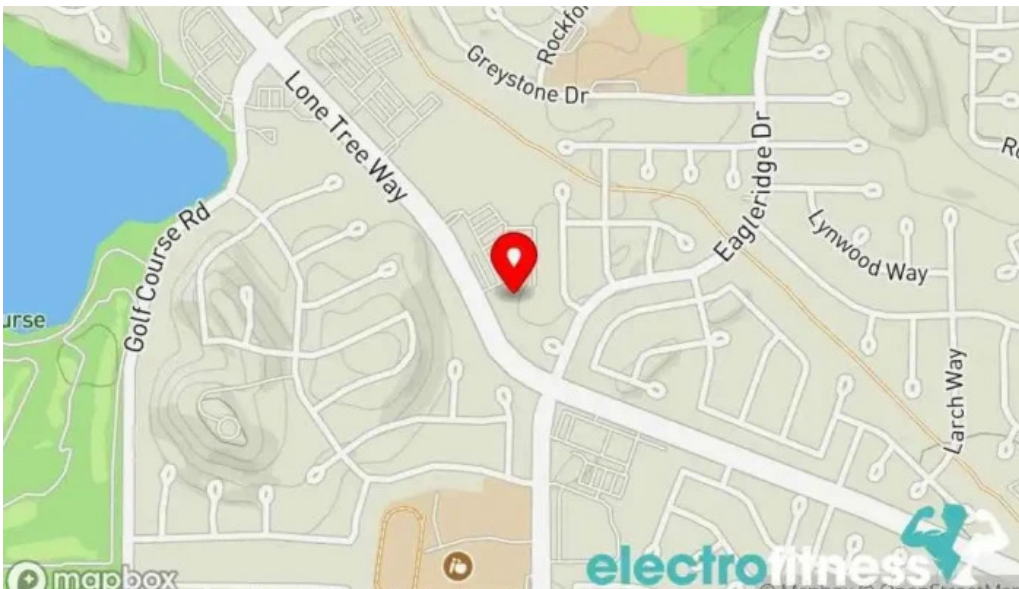
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## Tags

*Sauna, Outdoor services, Swimming pool, Shower, Wheelchair-accessible entrance, Atmosphere, Online classes, Planning, Amenities, Wheelchair-accessible car park, Accessibility, On-site services, Membership required, Service options, Toilet, Wheelchair-accessible toilet*

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elementary school
exercise equipment store
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hiking area

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karate school
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martial arts club
martial arts school
massage therapist
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personal trainer
physical fitness program
physical therapy clinic
pickleball court
pilates studio
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
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sports medicine clinic
sports school
swimming instructor
tennis club
thrift store
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